



# MENU WEEK ONE

Dates: 1/09, 22/09, 13/10

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>Meat Main</b>	Chicken Jalfrezi Basmati Rice Naan Bread	Jerk Chicken Thigh Herbed Diced Potatoes	Beef Burger in a Brioche Bun Potato Wedges	Grilled Pork Sausages Creamy Mash Gravy	Chip Shop Friday
<b>Vegetarian Main</b>	Roasted Vegetable, Spinach & Chickpea Korma (v) Basmati Rice	Spanish Omelette (v)	Roasted Vegi Burger (ve)	Classic Macaroni Cheese (v)	Vegetable & Bean Fajita Wrap (v)
<b>Vegetable Side</b>	Carrots Peas	Cauliflower Broccoli	Sweetcorn Salad	Broccoli Salad	Peas Mushy Peas
<b>Dessert of the Day</b>	Cherry Crumble Cream	Jam Sponge Custard	Chocolate Brownie Chocolate Sauce	Pancakes & Syrup	Cake Selection
<b>Pasta/Jackets</b>	Pasta Bar Jacket Potatoes & Choice of Fillings	Pasta Bar Jacket Potatoes & Choice of Fillings	Pasta Bar Jacket Potatoes & Choice of Fillings	Pasta Bar Jacket Potatoes & Choice of Fillings	Pasta Bar Jacket Potatoes & Choice of Fillings
<b>Grab 'n' Go</b>	Assorted Grab & Go Items Available Daily	Assorted Grab & Go Items Available Daily	Assorted Grab & Go Items Available Daily	Assorted Grab & Go Items Available Daily	Assorted Grab & Go Items Available Daily

*Alternative Daily Desserts: Yogurt, Fresh Cut Fruit, Fruit Pot, Jelly*

***Please ask for more information if you have any allergies.***



# MENU WEEK TWO

Dates: 8/09, 29/09, 20/10

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>Meat Main</b>	Sweet & Sour Chicken Egg Fried Rice	Beef Lasagne Garlic Bread	Southern Coated Chicken Burger Wedges	Burrito Bar	Chip Shop Friday
<b>Vegetarian Main</b>	Vegetable Hoi Sin Noodles (v)	Classic Macaroni Cheese (v) Garlic Bread	Vegi Sausage Toad in the Hole (v)	Vegi Burrito Bar (v)	Cheese & Onion Pattie (v)
<b>Vegetable Side</b>	Cauliflower Broccoli	Broccoli Salad	Sweetcorn Peas	Roasted Vegetables	Peas Mushy Peas
<b>Dessert of the Day</b>	Apple Crumble Custard	Vanilla Sponge Custard	Chocolate Brownie Chocolate Sauce	Fruit Pie Cream	Cake Selection
<b>Pasta/Jackets</b>	Pasta Bar Jacket Potatoes & Choice of Fillings	Pasta Bar Jacket Potatoes & Choice of Fillings	Pasta Bar Jacket Potatoes & Choice of Fillings	Pasta Bar Jacket Potatoes & Choice of Fillings	Pasta Bar Jacket Potatoes & Choice of Fillings
<b>Grab 'n' Go</b>	Assorted Grab & Go Items Available Daily	Assorted Grab & Go Items Available Daily	Assorted Grab & Go Items Available Daily	Assorted Grab & Go Items Available Daily	Assorted Grab & Go Items Available Daily

*Alternative Daily Desserts: Yogurt, Fresh Cut Fruit, Fruit Pot, Jelly*

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# MENU WEEK THREE

Dates: 15/09, 6/10,

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>Meat Main</b>	Beef Chilli Nachos Sour Cream	Sticky BBQ Chicken Steamed Rice	Beef Fajita Wrap Chicken Fajita Wrap	Meatballs with Spaghetti in a Tomato Sauce	Chip Shop Friday
<b>Vegetarian Main</b>	Vegetable & Bean Chilli (ve)	Creamy Broccoli & Feta Penne (v)	Spicy Bean Fajita Wrap (v)	Vegetable & Bean Quesadilla (v)	Spicy Bean Burger (v)
<b>Vegetable Side</b>	Sweetcorn Salad	Carrots Broccoli	Sweetcorn Salad	Mixed Vegetables	Peas Mushy Peas
<b>Dessert of the Day</b>	Pear Crumble Custard	Blueberry Sponge Cream	Chocolate Brownie Chocolate Sauce	Apple Pie with Cream	Cake Selection
<b>Pasta/Jackets</b>	Pasta Bar Jacket Potatoes & Choice of Fillings	Pasta Bar Jacket Potatoes & Choice of Fillings	Pasta Bar Jacket Potatoes & Choice of Fillings	Pasta Bar Jacket Potatoes & Choice of Fillings	Pasta Bar Jacket Potatoes & Choice of Fillings
<b>Grab 'n' Go</b>	Assorted Grab & Go Items Available Daily	Assorted Grab & Go Items Available Daily	Assorted Grab & Go Items Available Daily	Assorted Grab & Go Items Available Daily	Assorted Grab & Go Items Available Daily

*Alternative Daily Desserts: Yogurt, Fresh Cut Fruit, Fruit Pot, Jelly*

***Please ask for more information if you have any allergies.***